Who Was Dr. Johanna Budwig?

Now more than ever women are getting the recognition they deserve, but as you know, we still have a very long way to go. It is, however, reassuring to know that our mothers, sisters, wives, and friends are slowly receiving acknowledgment for their accomplishments and their contribution to our societies. It is gradually becoming the norm to see women in positions of authority and power.

This female revolution makes us look back in time at the mark women have made on our history. Marie Curie, Rosalind Franklin, Jocelyn Bell, Lise Meitner, to mention a few, have pioneered amazing breakthroughs in the fields of physics, astrophysics, chemistry, mathematics, biology, genetics and other areas.

Dr. Johanna Budwig is also one of those women. Her tenacity, passion, and diligence aided her to make profound discoveries which are still saving lives to this day.

Her Discoveries

Her findings on nutrition led to the detection of some of the underlying causes of chronic illnesses. She came to realize that bad eating habits, such as consuming refined, processed fats, quite literally suffocates our cells leaving them vulnerable.

She said: *"Our eating habits, often lack the highly unsaturated fatty acids and contain an excess of known artificial oils and trans fats (or partially hydrogenated oils)."*

Such unhealthy oils, when introduced into our cell membranes destroy their electrical charge. Without this charge, our cells start to suffocate due to a lack of oxygen. Such trans fats are also a precipitating factor in Type II diabetes. Since insulin is a large molecule, these fats impede these molecules from crossing the cell membrane.

The Budwig Mix – Flaxseed Oil and Cottage Cheese

Dr. Budwig discovered that eating a mixture of pure flaxseed oil with low-fat cottage cheese (or German Quark) enriched the body with oxygen and nutrition. She was able to treat many forms of cancer with great success. To learn more about Dr. Budwig's amazing discoveries CLICK HERE>>>

Find out how she helped her patients increase their energy levels in this video:

At the Budwig Center, we view it our privilege and responsibility to continue Dr. Budwig's legacy and to share her protocol and methods with as many people as possible.

Don't forget to download our FREE Budwig Guide CLICK HERE>>>

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2 Comments

1. **Coral Davies** on June 18, 2019 at 2:48 am

   REPLY

   Thank you for sending me your informative emails. My family has been producing a premium quality cold pressed flaxseed oil in Australia for 27 years now – primarily to help cancer patients. We pass on as much of your information as possible and have many customers following the Budwig protocol. My husband (has prostrate cancer) tries to include the spread every day, along with basic good unprocessed food. I wish we could afford to come to do a program so we could be more informed and be able to direct more cancer patients to this amazing program. Do you have an Australian practitioner who is qualified to help these people? I look forward to your reply

   1. **Kathy Jenkins** on July 4, 2019 at 12:54 pm

      REPLY

      Dear Coral,
      Thank you for providing a high quality oil for all those interested in following this diet. It isn't easy to find good quality oil for most. If we had someone we knew and could recommend in Australia that would be great. I'm sure there are many qualified professionals to look to but we haven't got anyone in particular we want to tell you to visit. We will email you privately if you don't mind about some remote options that might interest you since you are not able to come to the clinic.

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Testimonial

Tom, Brain Tumor

I thought my husband to the emergency room with a splitting headache and projectile vomiting. We thought it was a bad migraine bu... Tom's three months MRI looked good, his brain was clean and the hole where they removed the tumor was empty except for a tiny line around ... For the first three months, I also rubbed Frankincense on his head because it is supposed to have anti-cancer properties.
Dec 6, 2002

We just got back from the Doctor, Tom's 9 month MRI was clear, No cancer! Back in...
Jan 2, 2003

I've made a little web site with my husband's testimony on it. Flax oil/cottage cheese was...
Mar 20, 2003

Tom's 12 Month MRI Report – We just got Tom's 12 month MRI Report today. Tom is still cancer...
Jul 28, 2003

Update on Tom's 16 months MRI – We just got the results from Tom's 16 months MRI. He is sti...

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See our 18 reviews on Trustpilot

English

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